

**INTRODUCTION**

- Sedentary time is becoming a growing health risk.
- Extensive sedentary lifestyle has been linked to increased risk of obesity, heart disease, cancer, and diabetes.
- Many patients with CHD are relatively sedentary.
- Current recommendations are <2 hrs/day of total screen time in adults.

**AIMS**

1. To explore screen time use and perception regarding screen time use among adults with CHD.
2. To measure associations between screen time, physical activity and quality of life.

**METHODS**

- Patients presenting to the ACHD clinic for follow-up visits between 6/22/20 and 7/30/2020 were enrolled in this study.
- Surveys administered:
  - A novel screen-time use survey.
  - Validated International Physical Activity Questionnaire.
  - PROMIS Scale v1.2-Global Health survey.
- Patients were asked to answer survey questions based on pre-COVID-19 practices.

Screen-time Questionnaire		
For the following set of questions, <i>primary activity</i> is defined as the main activity you are engaged in rather than using a television/other screen in the background while performing another activity such as cooking or exercising.		
<b>Screen use on an average weekday</b> Thinking of an average weekday (from when you wake up until you go to sleep), how much time do you spend using each of the following types of screen as the primary activity? You must answer both hours and minutes. If zero please type "0" in the box.		
	Hours	Minutes
Television		
TV-connected devices (e.g. streaming devices, video game consoles)		
Laptop/computer		
Smartphone		
Tablet		

1. I can't imagine going anywhere without my mobile device. \_\_\_\_
2. Screen-time isn't as much fun as it used to be; but I'm still on it. \_\_\_\_
3. I'm often at my screen for longer than I intended. \_\_\_\_
4. I've tried to decrease my screen-time, but I can't. \_\_\_\_
5. Screen-time takes up almost all of my free time. \_\_\_\_
6. Sometimes I'm online when I'd really prefer to hang out with family or friends, do homework or go to bed. \_\_\_\_
7. I have more screen time than is good for me. \_\_\_\_

Figure 1. Sample of the Novel Screen-Time Survey

**RESULTS**

Table 1. Demographics and Descriptive Results

	Values
Enrolled	36 patients
Males	47.2%
Mean Age	32
Mean BMI	26 kg/m <sup>2</sup>
Moderate CHD	55.6%
Severe CHD	44.4%
NYHA I	88.9%
Average Daily Screen-Time	3h/day
Most frequent medium used	Laptop on weekdays/Smartphone on weekends

- **No significant association between actual screen-time and physical activity levels or QoL indicators**
- Patients who answered: *"I can't imagine going anywhere without my mobile device"*
  - Were more likely to have: *"Vigorous activity during ≤3 days in the last week"* (p = 0.02).
- Patients who answered: *"I am online when I would really prefer to hang out with family/friends, do homework or go to bed"*
  - Were more likely to be: *"Individuals not bothered by emotional problems"* (p = 0.035).
- Patients who answered: *"I have more screen time than is good for me"*
  - Were more likely to be:
    - *"Individuals not bothered by emotional problems"* (p = 0.01).
    - *"Individuals who reported having good mental health"* (p = 0.02).

**LIMITATIONS**

- Results may not be generalized to the larger CHD population due to the small cohort.
- COVID-19 restrictions on the prospective design might have introduced recall bias for patients when answering questions based on their experiences prior to COVID-19.
  - Particularly with actual screen-time.
  - Perhaps not as strong with self perception of screen-time use.

**CONCLUSION**

- Screen-time use is slightly more than recommended in the ACHD population.
- Perception of screen-time use is associated with physical activity and indices of QoL.
- Screen-time use may be a potential target for lifestyle interventions.

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